

## Knowledge Organiser



**Year 5, Summer:** Relationships  
**PSHE Strand:** Health Education  
**Whole School Topic:** Why is the Earth so Angry?

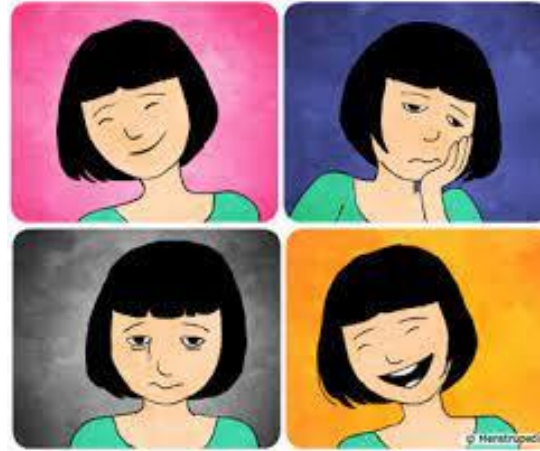
### Key Vocabulary

<b>puberty</b>	When a child grows and develops into a young adult
<b>ovum</b>	The female reproductive cell
<b>sperm</b>	The male reproductive cell
<b>vagina</b>	The female genital organ
<b>testicles</b>	An organ that produces sperm in men
<b>penis</b>	The male genital organ
<b>period</b>	A flow of blood from the lining of the uterus
<b>hygiene</b>	Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness
<b>hormones</b>	A substance produced to regulate or stimulate specific cells into action

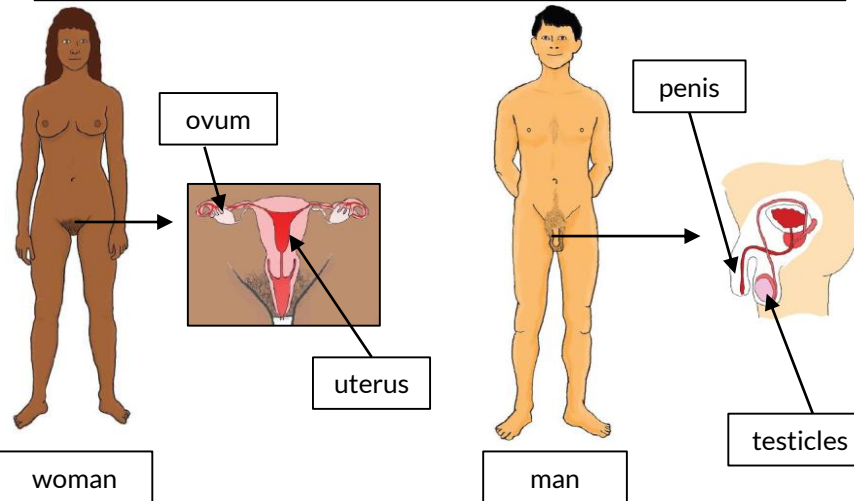
### What will I know about relationships by the end of this topic?

- To explore the emotional and physical changes occurring in puberty
- To understand male and female puberty changes in more detail
- To explore the impact of puberty on the body and the importance of physical hygiene

During puberty, the changes are not only physical. There can be a range of emotional changes too. This can be due to hormones.



As you develop, some of your body parts will change during puberty. For example, you will develop hair on your genitals.



**P**RIVATES ARE PRIVATE  
**A**LWAYS REMEMBER YOUR BODY BELONGS TO YOU  
**N**O MEANS NO  
**T**ALK ABOUT SECRETS THAT UPSET YOU  
**S**PEAK UP, SOMEONE CAN HELP

As you get older, you body changes. You may notice that you start to feel hotter than usual and sweat more. It is important to practise good physical hygiene to keep yourself clean, fresh and presentable.

Brush teeth twice a day



Shower / bathe daily with soap

Clip fingernails and toenails when needed



Use deodorant

Wear clean clothes

